

Better Choices Better Health®

Chronic Disease Self-Management Workshops

Upcoming Workshops Edmonton Zone

These free workshops consist of six 2 ½ hour sessions for those who have a chronic condition(s). Participants will increase their confidence and learn new skills to better manage their health condition(s) in order to enjoy a better quality of life. Support persons are also welcome to attend.

Workshop Type	Location	Dates	Days & Times
Chronic Pain	Rutherford Health Centre 11153 Ellerslie Road SW	September 6, 13, 20, 27 October 4 & 11	Wednesday 6:00 – 8:30 pm
Chronic Pain	East Edmonton Health Centre (Cromdale) 7910 112 Ave NW	September 18, 25 October 2, 16, 23 & 30	Monday 9:30 – 12:00 pm
Chronic Pain	Southside Primary Care Network 3110 Calgary Trail NW	September 19, 26 October 3, 10, 17 & 24	Tuesday 9:30 – 12:00 pm
Chronic Pain	Home Instead Senior Care 13 B Fairway Drive	October 5, 12, 19, 26 November 2 & 9	Thursday 1:00 – 3:30 pm
Chronic Pain	East Edmonton Health Centre (Cromdale) 7910 112 Ave NW	October 26 November 2, 9, 16, 23 & 30	Thursday 1:30 – 4:00 pm

For more information about Better Choices, Better Health® or to register for a workshop in Edmonton and Area call: 780-401-BOOK (2665)